



Physical Activity/Pedometer Log



WEEKLY GOAL: _____ DATE: _____

	Activity Goal	Steps taken using a pedometer	Type of Physical Activity	Activity Time in Minutes	Goal Met Y/N
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Record all physical activity along with the number of steps taken each day if using a pedometer. Record how long you were active, and for how long you planned to be active. Record Y (yes) or N (no) if you met your daily goal. Share this information with your *MOVE!* healthcare team, and use it to set future goals.